



NUEL & RTSC Long Distance Meet 2018



Results

EVENT 101 Mens Open 1500m Freestyle

MENS 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	David Tshuma	10	Bo Newham	23:08.34	227				
	50m 42.76	100m 1:30.26	150m 2:17.34	200m 3:04.12	250m 3:51.49	300m 4:39.17	350m 5:26.56	400m 6:14.12	
	450m 7:02.05	500m 7:49.27	550m 8:34.99	600m 9:20.79	650m 10:06.83	700m 10:53.21	750m 11:40.89	800m 12:27.72	
	850m 13:14.82	900m 14:01.18	950m 14:49.06	1000m 15:35.29	1050m 16:20.94	1100m 17:06.91	1150m 17:54.50	1200m 18:40.52	
	1250m 19:26.59	1300m 20:11.88	1350m 20:56.91	1400m 21:42.44	1450m 22:28.72	1500m 23:08.34			

MENS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Raheel Mahmood	11	Romford Town	19:55.92	356				
	50m 35.31	100m 1:15.35	150m 1:56.34	200m 2:36.30	250m 3:16.35	300m 3:55.47	350m 4:35.74	400m 5:15.94	
	450m 5:56.96	500m 6:36.24	550m 7:17.03	600m 7:57.11	650m 8:37.82	700m 9:18.07	750m 9:57.79	800m 10:38.21	
	850m 11:18.00	900m 11:58.34	950m 12:37.86	1000m 13:17.85	1050m 13:58.81	1100m 14:39.34	1150m 15:18.97	1200m 15:58.76	
	1250m 16:39.23	1300m 17:19.18	1350m 17:59.16	1400m 18:39.10	1450m 19:17.94	1500m 19:55.92			
2.	Sami Benidir	11	Bo Newham	20:10.72	343				
	50m 35.86	100m 1:16.67	150m 1:57.42	200m 2:38.93	250m 3:18.89	300m 3:59.10	350m 4:39.76	400m 5:18.56	
	450m 5:59.18	500m 6:39.60	550m 7:19.76	600m 7:59.95	650m 8:41.86	700m 9:24.11	750m 10:05.45	800m 10:45.98	
	850m 11:27.44	900m 12:07.67	950m 12:47.71	1000m 13:27.74	1050m 14:07.92	1100m 14:48.04	1150m 15:28.45	1200m 16:08.97	
	1250m 16:49.60	1300m 17:30.15	1350m 18:11.19	1400m 18:52.65	1450m 19:33.11	1500m 20:10.72			
3.	Tarelle Laniyan	11	Bo Newham	20:44.15	316				
	50m 36.14	100m 1:15.99	150m 1:56.39	200m 2:37.68	250m 3:17.54	300m 3:59.03	350m 4:39.16	400m 5:21.11	
	450m 6:03.20	500m 6:44.09	550m 7:25.37	600m 8:08.64	650m 8:49.03	700m 9:30.74	750m 10:12.82	800m 10:53.73	
	850m 11:35.96	900m 12:20.78	950m 13:01.40	1000m 13:44.32	1050m 14:28.39	1100m 15:12.03	1150m 15:54.22	1200m 16:37.68	
	1250m 17:20.67	1300m 18:04.62	1350m 18:46.44	1400m 19:28.20	1450m 20:08.88	1500m 20:44.15			
4.	Oliver SMITH	11	Romford Town	23:01.22	231				
	50m 39.09	100m 1:22.82	150m 2:08.09	200m 2:53.44	250m 3:38.85	300m 4:25.09	350m 5:11.30	400m 5:57.83	
	450m 6:44.19	500m 7:29.89	550m 8:16.32	600m 9:02.99	650m 9:50.12	700m 10:37.02	750m 11:23.97	800m 12:09.66	
	850m 12:57.10	900m 13:44.05	950m 14:31.02	1000m 15:18.56	1050m 16:05.86	1100m 16:52.62	1150m 17:40.02	1200m 18:26.88	
	1250m 19:12.71	1300m 19:58.76	1350m 20:44.98	1400m 21:31.49	1450m 22:17.48	1500m 23:01.22			
5.	Qaiyan Thompson	11	Bo Newham	23:24.09	220				
	50m 39.18	100m 1:24.86	150m 2:10.98	200m 2:57.11	250m 3:43.81	300m 4:30.39	350m 5:17.73	400m 6:04.74	
	450m 6:50.90	500m 7:37.01	550m 8:25.23	600m 9:13.75	650m 10:00.00	700m 10:47.05	750m 11:33.60	800m 12:09.66	
	850m 13:05.52	900m 13:52.06	950m 14:40.10	1000m 15:27.38	1050m 16:15.00	1100m 17:04.13	1150m 17:51.82	1200m 18:41.20	
	1250m 19:29.12	1300m 20:16.99	1350m 21:07.01	1400m 21:51.66	1450m 22:37.82	1500m 23:24.09			
	Jaiden Drumond	11	Bo Newham	DQ ST					

MENS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Steven Salazar	12	Bo Newham	19:11.83	399				
	50m 34.24	100m 1:11.17	150m 1:48.59	200m 2:26.74	250m 3:05.14	300m 3:44.29	350m 4:22.89	400m 5:01.83	
	450m 5:40.17	500m 6:18.67	550m 6:57.56	600m 7:36.76	650m 8:15.86	700m 8:54.80	750m 9:33.89	800m 10:12.91	
	850m 10:51.85	900m 11:31.45	950m 12:10.62	1000m 12:49.84	1050m 13:28.56	1100m 14:07.98	1150m 14:46.77	1200m 15:25.25	
	1250m 16:03.63	1300m 16:41.62	1350m 17:19.69	1400m 17:58.27	1450m 18:36.65	1500m 19:11.83			
2.	Hadi Khairul	12	Bo Newham	21:29.63	284				
	50m 36.59	100m 1:17.40	150m 1:59.45	200m 2:40.82	250m 3:22.84	300m 4:05.20	350m 4:47.51	400m 5:30.01	
	450m 6:13.30	500m 6:56.92	550m 7:40.73	600m 8:24.02	650m 9:08.67	700m 9:52.91	750m 10:38.31	800m 11:21.87	
	850m 12:04.43	900m 12:48.91	950m 13:33.28	1000m 14:16.03	1050m 15:00.71	1100m 15:44.59	1150m 16:28.60	1200m 17:13.10	
	1250m 17:59.39	1300m 18:43.46	1350m 19:27.45	1400m 20:10.28	1450m 20:51.80	1500m 21:29.63			
3.	Alexander Munden	12	Bo Newham	26:00.52	160				
	50m 42.70	100m 1:32.01	150m 2:21.06	200m 3:10.83	250m 4:02.21	300m 4:53.48	350m 5:45.87	400m 6:37.61	
	450m 7:29.57	500m 8:21.81	550m 9:13.51	600m 10:05.27	650m 10:59.48	700m 11:53.00	750m 12:45.21	800m 13:38.92	
	850m 14:33.51	900m 15:26.27	950m 16:17.80	1000m 17:12.03	1050m 18:05.84	1100m 18:58.11	1150m 19:51.53	1200m 20:45.48	
	1250m 21:39.07	1300m 22:32.67	1350m 23:26.40	1400m 24:19.34	1450m 25:11.66	1500m 26:00.52			
4.	Theo McCalla	12	Bo Newham	27:07.48	141				
	50m 43.02	100m 1:31.74	150m 2:22.50	200m 3:13.41	250m 4:05.87	300m 4:57.17	350m 6:43.53	400m 7:25.18	
	450m 8:29.40	500m 9:22.63	550m 10:15.58	600m 11:09.29	650m 12:03.00	700m 12:56.96	750m 13:52.37	800m 14:43.64	
	850m 15:37.20	900m 16:31.53	950m 17:25.04	1000m 18:19.68	1050m 19:14.72	1100m 20:09.71	1150m 21:04.85	1200m 21:58.45	
	1250m 22:51.81	1300m 23:44.55	1350m 24:35.35	1400m 25:26.98	1450m 26:18.78	1500m 27:07.48			
	Danny MOODY	12	Romford Town	DNC					

MENS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Connor McCarthy	13	Romford Town	17:51.72	495				
	50m 31.51	100m 1:06.56	150m 1:42.78	200m 2:18.52	250m 2:53.90	300m 3:30.07	350m 4:06.89	400m 4:43.47	
	450m 5:19.15	500m 5:56.07	550m 6:32.48	600m 7:09.20	650m 7:45.06	700m 8:20.93	750m 8:57.24	800m 9:33.45	
	850m 10:09.39	900m 10:45.16	950m 11:20.94	1000m 11:56.81	1050m 12:32.63	1100m 13:08.78	1150m 13:44.95	1200m 14:21.42	
	1250m 14:57.06	1300m 15:32.61	1350m 16:08.10	1400m 16:43.86	1450m 17:18.93	1500m 17:51.72			



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2.	Georgi Raykin	13	Bo Newham	19:31.99	378				
	50m 35.40	100m 1:13.30	150m 1:51.56	200m 2:30.58	250m 3:09.50	300m 3:46.43	350m 4:25.82	400m 5:04.94	
	450m 5:44.22	500m 6:22.00	550m 7:02.30	600m 7:42.32	650m 8:20.54	700m 9:01.33	750m 9:41.40	800m 10:19.76	
	850m 10:59.69	900m 11:40.35	950m 12:19.59	1000m 12:59.87	1050m 13:40.25	1100m 14:19.59	1150m 14:58.29	1200m 15:37.83	
	1250m 16:17.65	1300m 16:56.32	1350m 17:36.64	1400m 18:15.09	1450m 18:54.58	1500m 19:31.99			
3.	Cristian Cubani	13	Romford Town	23:31.92	216				
	50m 37.33	100m 1:20.12	150m 2:05.57	200m 2:52.18	250m 3:39.08	300m 4:25.94	350m 5:12.27	400m 5:59.07	
	450m 6:46.42	500m 7:33.17	550m 8:21.43	600m 9:09.49	650m 9:57.03	700m 10:44.26	750m 11:32.59	800m 12:19.33	
	850m 13:06.13	900m 13:52.96	950m 14:41.38	1000m 15:29.52	1050m 16:18.22	1100m 17:06.14	1150m 17:55.59	1200m 18:43.86	
	1250m 19:31.94	1300m 20:21.30	1350m 21:09.96	1400m 21:55.95	1450m 22:44.06	1500m 23:31.92			

MENS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Luke Mamey	14	Romford Town	18:13.98	465				
	50m 33.21	100m 1:08.53	150m 1:45.00	200m 2:21.32	250m 2:57.33	300m 3:33.97	350m 4:10.65	400m 4:47.44	
	450m 5:24.19	500m 6:01.03	550m 6:37.68	600m 7:14.75	650m 7:51.23	700m 8:27.80	750m 9:04.81	800m 9:41.76	
	850m 10:18.66	900m 10:55.98	950m 11:33.37	1000m 12:09.82	1050m 12:46.49	1100m 13:23.27	1150m 13:59.76	1200m 14:36.21	
	1250m 15:13.12	1300m 15:49.68	1350m 16:26.43	1400m 17:02.96	1450m 17:38.85	1500m 18:13.98			
2.	Mihnea Totu	14	Bo Newham	18:41.96	431				
	50m 31.67	100m 1:07.26	150m 1:43.08	200m 2:19.79	250m 2:56.69	300m 3:33.62	350m 4:10.62	400m 4:47.66	
	450m 5:25.01	500m 6:02.36	550m 6:39.87	600m 7:17.19	650m 7:54.37	700m 8:31.84	750m 9:09.54	800m 9:47.14	
	850m 10:25.01	900m 11:03.18	950m 11:40.86	1000m 12:18.12	1050m 12:55.47	1100m 13:32.88	1150m 14:10.57	1200m 14:48.14	
	1250m 15:26.21	1300m 16:04.98	1350m 16:44.41	1400m 17:24.04	1450m 18:03.94	1500m 18:41.96			
3.	Daniel Tshuma	14	Bo Newham	19:59.15	353				
	50m 35.23	100m 1:14.21	150m 1:53.77	200m 2:33.55	250m 3:13.29	300m 3:53.25	350m 4:33.43	400m 5:14.05	
	450m 5:54.68	500m 6:34.53	550m 7:14.70	600m 7:55.52	650m 8:36.14	700m 9:16.55	750m 9:56.61	800m 10:36.41	
	850m 11:17.28	900m 11:57.18	950m 12:37.01	1000m 13:17.41	1050m 13:57.75	1100m 14:37.07	1150m 15:18.53	1200m 15:58.35	
	1250m 16:38.09	1300m 17:17.65	1350m 17:57.91	1400m 18:36.22	1450m 19:13.40	1500m 19:59.15			
4.	Ismail Ayad	14	Bo Newham	22:05.00	262				
	50m 38.04	100m 1:21.16	150m 2:06.12	200m 2:49.80	250m 3:34.60	300m 4:18.98	350m 5:03.09	400m 5:48.01	
	450m 6:32.04	500m 7:17.09	550m 8:01.71	600m 8:45.94	650m 9:30.79	700m 10:16.38	750m 11:00.84	800m 11:46.23	
	850m 12:31.14	900m 13:17.25	950m 14:01.59	1000m 14:47.01	1050m 15:30.56	1100m 16:15.12	1150m 16:58.96	1200m 17:45.00	
	1250m 18:28.77	1300m 19:12.87	1350m 19:56.15	1400m 20:39.89	1450m 21:22.21	1500m 22:05.00			

MENS 15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Nathan Banga	15	Romford Town	17:13.75	552				
	50m 29.16	100m 1:01.44	150m 1:35.32	200m 2:09.26	250m 2:43.15	300m 3:17.64	350m 3:52.03	400m 4:26.06	
	450m 5:00.67	500m 5:34.73	550m 6:08.94	600m 6:43.63	650m 7:17.63	700m 7:52.18	750m 8:26.84	800m 9:01.34	
	850m 9:35.82	900m 10:10.05	950m 10:45.09	1000m 11:19.90	1050m 11:55.04	1100m 12:30.65	1150m 13:06.62	1200m 13:42.74	
	1250m 14:18.90	1300m 14:54.88	1350m 15:30.72	1400m 16:06.05	1450m 16:41.84	1500m 17:13.75			
2.	Drew Clark	16	Bo Newham	18:05.36	477				
	50m 30.59	100m 1:04.62	150m 1:39.49	200m 2:15.34	250m 2:51.58	300m 3:27.71	350m 4:03.92	400m 4:40.58	
	450m 5:17.13	500m 5:53.45	550m 6:29.76	600m 7:06.23	650m 7:42.82	700m 8:19.28	750m 8:56.22	800m 9:32.75	
	850m 10:09.70	900m 10:45.79	950m 11:22.96	1000m 12:00.12	1050m 12:36.39	1100m 13:13.49	1150m 13:50.56	1200m 14:27.53	
	1250m 15:04.45	1300m 15:41.20	1350m 16:17.52	1400m 16:54.49	1450m 17:30.97	1500m 18:05.36			
3.	Joseph FROST	15	Romford Town	18:51.48	421				
	50m 33.42	100m 1:10.25	150m 1:46.98	200m 2:24.07	250m 3:01.10	300m 3:37.98	350m 4:14.65	400m 4:52.11	
	450m 5:29.84	500m 6:08.39	550m 6:48.09	600m 7:28.00	650m 8:07.57	700m 8:47.67	750m 9:26.09	800m 10:05.34	
	850m 10:45.29	900m 11:24.16	950m 12:02.34	1000m 12:39.72	1050m 13:17.42	1100m 13:55.96	1150m 14:33.32	1200m 15:10.64	
	1250m 15:48.36	1300m 16:24.94	1350m 17:03.04	1400m 17:40.76	1450m 18:16.82	1500m 18:51.48			
4.	Aidan FERNANDES	15	Romford Town	21:19.65	291				
	50m 34.81	100m 1:14.43	150m 1:55.84	200m 2:37.65	250m 3:20.54	300m 4:03.79	350m 4:47.35	400m 5:30.50	
	450m 6:13.56	500m 6:57.22	550m 7:40.96	600m 8:25.18	650m 9:08.41	700m 9:52.67	750m 10:35.14	800m 11:18.48	
	850m 12:02.30	900m 12:45.81	950m 13:29.15	1000m 14:13.00	1050m 14:55.83	1100m 15:40.29	1150m 16:24.24	1200m 17:06.92	
	1250m 17:50.42	1300m 18:33.86	1350m 19:16.16	1400m 19:58.05	1450m 20:39.40	1500m 21:19.65			
5.	Guilherme Gomes	16	Bo Newham	21:25.23	287				
	50m 37.60	100m 1:18.23	150m 1:59.59	200m 2:40.54	250m 3:21.04	300m 4:01.84	350m 4:42.67	400m 5:24.25	
	450m 6:05.57	500m 6:47.63	550m 7:29.45	600m 8:11.86	650m 8:55.25	700m 9:38.18	750m 10:22.57	800m 11:06.47	
	850m 11:49.19	900m 12:33.09	950m 13:19.36	1000m 14:07.44	1050m 14:59.91	1100m 15:55.96	1150m 16:53.07	1200m 17:30.36	
	1250m 18:09.57	1300m 18:49.80	1350m 19:30.78	1400m 20:10.44	1450m 20:49.26	1500m 21:25.23			



NUEL & RTSC Long Distance Meet 2018



Results

EVENT 101 Womens Open 1500m Freestyle

WOMENS 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
	Nicole Akinbola-Adenre	10	Bo Newham	DNC	

WOMENS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Oluwatumise Salu	14	Bo Newham	18:45.15	546			
	50m 33.43	100m 1:08.90	150m 1:45.51	200m 2:22.69	250m 2:59.95	300m 3:37.50	350m 4:15.03	400m 4:52.79
	450m 5:31.16	500m 6:08.77	550m 6:46.04	600m 7:24.72	650m 8:03.09	700m 8:41.25	750m 9:19.47	800m 9:57.02
	850m 10:35.64	900m 11:13.97	950m 11:51.58	1000m 12:30.12	1050m 13:08.12	1100m 13:45.66	1150m 14:23.84	1200m 15:02.06
	1250m 15:40.24	1300m 16:17.97	1350m 16:55.98	1400m 17:33.53	1450m 18:10.74	1500m 18:45.15		

WOMENS 15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Isabelle JOPSON	15	Romford Town	18:02.85	612			
	50m 32.42	100m 1:08.38	150m 1:44.90	200m 2:21.19	250m 2:57.38	300m 3:33.74	350m 4:09.90	400m 4:46.23
	450m 5:22.42	500m 5:58.47	550m 6:34.58	600m 7:10.55	650m 7:46.55	700m 8:22.58	750m 8:58.49	800m 9:34.59
	850m 10:10.74	900m 10:46.89	950m 11:23.32	1000m 11:59.48	1050m 12:35.84	1100m 13:12.21	1150m 13:48.64	1200m 14:25.20
	1250m 15:01.81	1300m 15:38.45	1350m 16:14.96	1400m 16:51.62	1450m 17:28.06	1500m 18:02.85		
2.	Emile Galkute	15	Bo Newham	19:51.64	459			
	50m 35.66	100m 1:14.08	150m 1:53.23	200m 2:32.52	250m 3:11.97	300m 3:51.59	350m 4:31.44	400m 5:11.15
	450m 5:51.15	500m 6:30.67	550m 7:10.14	600m 7:49.86	650m 8:29.42	700m 9:09.47	750m 9:50.03	800m 10:30.41
	850m 11:11.04	900m 11:51.50	950m 12:31.74	1000m 13:12.16	1050m 13:52.83	1100m 14:33.16	1150m 15:13.09	1200m 15:53.09
	1250m 16:33.21	1300m 17:13.21	1350m 17:53.70	1400m 18:33.73	1450m 19:13.21	1500m 19:51.64		

EVENT 201 Mens Open 800m Freestyle

MENS 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	David Tshuma	10	Bo Newham	11:58.76	234			
	50m 41.18	100m 1:26.43	150m 2:11.82	200m 2:58.20	250m 3:43.60	300m 4:29.18	350m 5:15.15	400m 6:01.59
	450m 6:47.82	500m 7:32.65	550m 8:18.17	600m 9:03.48	650m 9:49.29	700m 10:34.11	750m 11:18.38	800m 11:58.76
2.	Connor Jarrett	10	Romford Town	13:29.75	164			
	50m 42.63	100m 1:32.57	150m 2:22.61	200m 3:13.62	250m 4:04.95	300m 4:56.35	350m 5:48.51	400m 6:40.40
	450m 7:31.53	500m 8:24.16	550m 9:15.21	600m 10:07.33	650m 10:59.61	700m 11:51.88	750m 12:43.73	800m 13:29.75
3.	Alexander Ivanov	10	Romford Town	13:52.73	150			
	50m 43.50	100m 1:32.85	150m 2:25.25	200m 3:15.81	250m 4:07.04	300m 5:00.40	350m 5:54.38	400m 6:46.69
	450m 7:40.56	500m 8:32.16	550m 9:27.57	600m 10:22.98	650m 11:17.07	700m 12:12.33	750m 13:04.87	800m 13:52.73
	Arthur Hawkins	10	Bo Newham	DNC				

MENS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Raheel Mahmood	11	Romford Town	10:30.66	347			
	50m 33.67	100m 1:12.06	150m 1:52.10	200m 2:32.02	250m 3:12.07	300m 3:52.19	350m 4:32.84	400m 5:13.45
	450m 5:53.52	500m 6:33.86	550m 7:14.28	600m 7:54.94	650m 8:35.21	700m 9:15.86	750m 9:54.90	800m 10:30.66
2.	Sami Benidir	11	Bo Newham	10:36.98	337			
	50m 36.07	100m 1:15.76	150m 1:54.78	200m 2:35.16	250m 3:16.02	300m 3:56.16	350m 4:36.81	400m 5:16.14
	450m 5:56.39	500m 6:36.37	550m 7:16.62	600m 7:57.65	650m 8:38.25	700m 9:18.64	750m 9:59.02	800m 10:36.98
3.	Tarelle Laniyan	11	Bo Newham	11:20.47	276			
	50m 34.09	100m 1:11.12	150m 1:51.21	200m 2:31.81	250m 3:13.51	300m 3:55.71	350m 4:40.14	400m 5:25.53
	450m 6:10.65	500m 6:55.23	550m 7:40.12	600m 8:26.49	650m 9:12.49	700m 9:57.58	750m 10:39.93	800m 11:20.47
4.	Romao Conde	11	Bo Newham	11:24.34	272			
	50m 38.71	100m 1:21.73	150m 2:05.04	200m 2:48.37	250m 3:32.18	300m 4:15.48	350m 4:58.67	400m 5:42.07
	450m 6:26.41	500m 7:10.43	550m 7:53.59	600m 8:37.45	650m 9:21.65	700m 10:05.25	750m 10:48.03	800m 11:24.34
5.	Jaiden Drummond	11	Bo Newham	12:03.06	230			
	50m 38.77	100m 1:21.79	150m 2:06.88	200m 2:51.82	250m 3:37.34	300m 4:23.61	350m 5:09.96	400m 5:57.42
	450m 6:44.21	500m 7:30.90	550m 8:16.96	600m 9:04.22	650m 9:50.56	700m 10:36.67	750m 11:22.65	800m 12:03.06
6.	Qaiyan Thompson	11	Bo Newham	12:03.10	230			
	50m 37.60	100m 1:22.56	150m 2:07.33	200m 2:52.40	250m 3:39.19	300m 4:26.02	350m 5:12.12	400m 5:59.76
	450m 6:46.66	500m 7:34.48	550m 8:20.71	600m 9:06.40	650m 9:52.48	700m 10:39.07	750m 11:23.67	800m 12:03.10



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Results

MENS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Steven Salazar	12	Bo Newham	10:03.81	396				
	50m 32.67	100m 1:09.15	150m 1:46.73	200m 2:24.71	250m 3:02.42	300m 3:40.67	350m 4:19.17	400m 4:57.43	
	450m 5:35.94	500m 6:14.78	550m 6:53.86	600m 7:32.25	650m 8:10.66	700m 8:48.90	750m 9:27.27	800m 10:03.81	
2.	Lewis Jarrett	12	Romford Town	10:44.20	326				
	50m 35.38	100m 1:15.06	150m 1:54.77	200m 2:35.43	250m 3:15.62	300m 3:56.31	350m 4:37.18	400m 5:17.16	
	450m 5:57.81	500m 6:38.64	550m 7:19.75	600m 8:01.02	650m 8:41.87	700m 9:22.70	750m 10:03.89	800m 10:44.20	
3.	Hadi Khairul	12	Bo Newham	11:05.86	295				
	50m 35.96	100m 1:15.48	150m 1:57.10	200m 2:38.82	250m 3:21.45	300m 4:04.43	350m 4:48.81	400m 5:30.55	
	450m 6:13.67	500m 6:56.57	550m 7:39.67	600m 8:21.47	650m 9:05.14	700m 9:47.07	750m 10:28.63	800m 11:05.86	
4.	Denis Drelev	12	Romford Town	11:15.10	283				
	50m 35.12	100m 1:16.62	150m 1:58.22	200m 2:40.95	250m 3:23.71	300m 4:06.61	350m 4:49.78	400m 5:33.37	
	450m 6:16.94	500m 7:00.24	550m 7:44.09	600m 8:27.30	650m 9:11.43	700m 9:54.63	750m 10:37.39	800m 11:15.10	
5.	Alan Aleksejevs	12	Bo Newham	12:09.29	224				
	50m 42.55	100m 1:26.74	150m 2:13.61	200m 2:56.83	250m 3:41.76	300m 4:29.12	350m 5:18.89	400m 6:07.24	
	450m 6:52.26	500m 7:41.47	550m 8:30.19	600m 9:14.26	650m 10:01.15	700m 10:43.24	750m 11:29.05	800m 12:09.29	
6.	Luke James	12	Romford Town	13:31.43	163				
	50m 40.74	100m 1:29.10	150m 2:19.38	200m 3:07.51	250m 3:56.28	300m 4:46.17	350m 5:39.50	400m 6:34.83	
	450m 7:24.66	500m 8:17.45	550m 9:08.47	600m 10:02.04	650m 10:55.76	700m 11:51.12	750m 12:41.65	800m 13:31.43	
7.	Theo McCalla	12	Bo Newham	13:44.45	155				
	50m 42.87	100m 1:33.13	150m 2:25.48	200m 3:18.47	250m 4:10.98	300m 5:02.98	350m 5:56.85	400m 6:52.00	
	450m 7:45.22	500m 8:37.84	550m 9:30.25	600m 10:23.62	650m 11:15.35	700m 12:08.34	750m 12:58.45	800m 13:44.45	
	Alexander Munden	12	Bo Newham	DNC					

MENS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Connor McCarthy	13	Romford Town	9:25.14	483				
	50m 31.21	100m 1:05.80	150m 1:41.32	200m 2:17.18	250m 2:53.19	300m 3:29.69	350m 4:06.00	400m 4:42.47	
	450m 5:18.11	500m 5:53.96	550m 6:29.94	600m 7:05.57	650m 7:40.85	700m 8:16.67	750m 8:52.09	800m 9:25.14	
2.	Georgi Raykin	13	Bo Newham	10:17.44	370				
	50m 32.23	100m 1:08.49	150m 1:45.74	200m 2:24.26	250m 3:02.09	300m 3:40.85	350m 4:19.61	400m 4:59.29	
	450m 5:38.87	500m 6:18.50	550m 6:58.61	600m 7:39.60	650m 8:20.23	700m 9:00.98	750m 9:39.62	800m 10:17.44	
3.	Cristian Cubani	13	Romford Town	12:28.98	207				
	50m 37.96	100m 1:21.19	150m 2:06.79	200m 2:52.66	250m 3:39.68	300m 4:26.80	350m 5:13.06	400m 6:01.42	
	450m 6:48.45	500m 7:36.21	550m 8:24.48	600m 9:12.36	650m 10:01.27	700m 10:50.00	750m 11:40.02	800m 12:28.98	

MENS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Luke Mamey	14	Romford Town	9:27.82	476				
	50m 32.07	100m 1:06.82	150m 1:43.12	200m 2:18.73	250m 2:54.89	300m 3:31.47	350m 4:08.13	400m 4:44.29	
	450m 5:20.42	500m 5:56.76	550m 6:32.10	600m 7:07.73	650m 7:43.43	700m 8:19.03	750m 8:53.90	800m 9:27.82	
2.	Mihnea Totu	14	Bo Newham	9:48.85	427				
	50m 31.48	100m 1:06.89	150m 1:43.18	200m 2:19.79	250m 2:56.87	300m 3:33.88	350m 4:11.75	400m 4:49.03	
	450m 5:27.09	500m 6:04.83	550m 6:42.70	600m 7:20.71	650m 7:58.68	700m 8:35.86	750m 9:13.30	800m 9:48.85	
3.	Daniel Tshuma	14	Bo Newham	10:24.14	358				
	50m 33.88	100m 1:10.98	150m 1:48.64	200m 2:27.36	250m 3:06.35	300m 3:46.58	350m 4:26.32	400m 5:05.80	
	450m 5:45.33	500m 6:25.05	550m 7:05.48	600m 7:45.49	650m 8:25.74	700m 9:05.57	750m 9:44.93	800m 10:24.14	
4.	Ismail Ayad	14	Bo Newham	11:25.31	270				
	50m 36.27	100m 1:18.72	150m 2:03.17	200m 2:46.54	250m 3:30.75	300m 4:14.43	350m 4:58.54	400m 5:43.25	
	450m 6:27.77	500m 7:11.49	550m 7:54.94	600m 8:38.85	650m 9:21.26	700m 10:05.02	750m 10:47.97	800m 11:25.31	
5.	Lukas Birmantis	14	Romford Town	12:41.82	197				
	50m 40.09	100m 1:26.67	150m 2:15.05	200m 3:04.16	250m 3:52.83	300m 4:41.99	350m 5:32.03	400m 6:22.60	
	450m 7:11.32	500m 7:59.28	550m 8:47.09	600m 9:36.42	650m 10:24.37	700m 11:09.79	750m 11:57.73	800m 12:41.82	

MENS 15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Daniel Gencas	15	Romford Town	8:42.48	611				
	50m 28.49	100m 1:00.40	150m 1:33.53	200m 2:06.67	250m 2:40.10	300m 3:13.91	350m 3:47.80	400m 4:21.30	
	450m 4:54.63	500m 5:28.10	550m 6:01.13	600m 6:34.40	650m 7:07.24	700m 7:40.70	750m 8:11.92	800m 8:42.48	
2.	Nathan Banga	15	Romford Town	8:48.67	590				
	50m 29.29	100m 1:01.02	150m 1:34.11	200m 2:07.32	250m 2:40.52	300m 3:14.53	350m 3:48.33	400m 4:21.53	
	450m 4:54.98	500m 5:28.36	550m 6:01.51	600m 6:34.62	650m 7:07.69	700m 7:41.12	750m 8:14.84	800m 8:48.67	
3.	Drew Clark	16	Bo Newham	9:28.94	473				
	50m 30.58	100m 1:04.46	150m 1:39.44	200m 2:15.02	250m 2:50.83	300m 3:27.48	350m 4:03.58	400m 4:40.00	
	450m 5:16.56	500m 5:52.56	550m 6:29.04	600m 7:05.57	650m 7:42.33	700m 8:18.52	750m 8:54.77	800m 9:28.94	
	Guilherme Gomes	16	Bo Newham	DNC					



NUEL & RTSC Long Distance Meet 2018



Results

EVENT 201 Womens Open 800m Freestyle

WOMENS 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Rebecca Coogan	10	Romford Town	12:11.53	281				
	50m 40.40	100m 1:25.77	150m 2:13.49	200m 3:00.74	250m 3:47.41	300m 4:33.66	350m 5:19.68	400m 6:07.35	
	450m 6:53.69	500m 7:39.71	550m 8:26.06	600m 9:10.99	650m 9:57.45	700m 10:44.40	750m 11:29.67	800m 12:11.53	
2.	Nicole Akinbola-Adenre	10	Bo Newham	12:49.86	241				
	50m 37.72	100m 1:25.10	150m 2:12.18	200m 3:00.25	250m 3:49.39	300m 4:40.30	350m 5:29.55	400m 6:20.15	
	450m 7:08.59	500m 8:00.52	550m 8:49.01	600m 9:39.79	650m 10:28.88	700m 11:18.22	750m 12:06.66	800m 12:49.86	
3.	Saule Brankeviciute	10	Bo Newham	13:20.49	214				
	50m 43.87	100m 1:33.97	150m 2:23.61	200m 3:14.58	250m 4:03.95	300m 4:55.11	350m 5:44.83	400m 6:34.86	
	450m 7:24.65	500m 8:16.93	550m 9:07.66	600m 9:59.41	650m 10:49.69	700m 11:41.09	750m 12:34.16	800m 13:20.49	

WOMENS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Lexie O'Connor	11	Romford Town	10:48.80	403				
	50m 35.82	100m 1:15.74	150m 1:56.08	200m 2:37.02	250m 3:18.28	300m 3:58.92	350m 4:39.16	400m 5:19.87	
	450m 6:01.38	500m 6:42.41	550m 7:24.69	600m 8:06.28	650m 8:47.42	700m 9:28.56	750m 10:10.19	800m 10:48.80	
2.	Ella Kilby	11	Romford Town	11:29.88	335				
	50m 38.21	100m 1:20.66	150m 2:04.32	200m 2:48.03	250m 3:32.12	300m 4:15.94	350m 4:59.21	400m 5:42.63	
	450m 6:27.49	500m 7:12.17	550m 7:56.16	600m 8:39.95	650m 9:23.92	700m 10:07.27	750m 10:50.52	800m 11:29.88	
3.	Codie McSheffrey	11	Romford Town	12:04.89	289				
	50m 39.47	100m 1:22.64	150m 2:06.84	200m 2:51.43	250m 3:37.57	300m 4:23.71	350m 5:09.43	400m 5:56.15	
	450m 6:42.90	500m 7:29.17	550m 8:16.11	600m 9:03.25	650m 9:49.70	700m 10:36.48	750m 11:22.03	800m 12:04.89	
4.	Aida Morter	11	Romford Town	12:47.78	243				
	50m 42.88	100m 1:30.77	150m 2:18.84	200m 3:08.32	250m 3:55.69	300m 4:43.04	350m 5:30.74	400m 6:19.50	
	450m 7:08.52	500m 7:58.54	550m 8:47.82	600m 9:37.53	650m 10:26.93	700m 11:16.21	750m 12:03.80	800m 12:47.78	

WOMENS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Tierney Rooney	12	Romford Town	11:19.62	350				
	50m 37.89	100m 1:21.02	150m 2:03.00	200m 2:46.08	250m 3:29.40	300m 4:12.33	350m 4:55.82	400m 5:38.92	
	450m 6:22.70	500m 7:05.40	550m 7:48.51	600m 8:31.65	650m 9:14.45	700m 9:58.22	750m 10:41.18	800m 11:19.62	
2.	Millie Hosler	12	Romford Town	11:37.77	324				
	50m 37.70	100m 1:20.77	150m 2:04.86	200m 2:48.93	250m 3:32.24	300m 4:16.07	350m 5:00.70	400m 5:45.49	
	450m 6:31.34	500m 7:15.95	550m 8:00.40	600m 8:44.48	650m 9:29.50	700m 10:14.26	750m 10:57.70	800m 11:37.77	
3.	Constance Kennedy	12	Romford Town	12:27.69	263				
	50m 41.59	100m 1:28.52	150m 2:15.32	200m 3:02.93	250m 3:50.68	300m 4:38.70	350m 5:26.77	400m 6:15.00	
	450m 7:02.59	500m 7:50.47	550m 8:38.45	600m 9:26.06	650m 10:12.44	700m 10:59.85	750m 11:44.66	800m 12:27.69	

WOMENS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Victoria Dreleva	13	Romford Town	9:58.03	514				
	50m 32.59	100m 1:09.80	150m 1:48.26	200m 2:26.70	250m 3:04.89	300m 3:42.97	350m 4:20.71	400m 4:58.72	
	450m 5:37.06	500m 6:15.24	550m 6:53.04	600m 7:30.55	650m 8:07.90	700m 8:45.45	750m 9:22.15	800m 9:58.03	
2.	Emilia Jopson	13	Romford Town	10:20.26	461				
	50m 33.13	100m 1:10.81	150m 1:49.59	200m 2:28.72	250m 3:07.73	300m 3:47.00	350m 4:26.30	400m 5:05.68	
	450m 5:44.45	500m 6:23.78	550m 7:03.25	600m 7:42.57	650m 8:22.36	700m 9:02.43	750m 9:42.52	800m 10:20.26	
3.	Dina Benidir	13	Bo Newham	10:44.08	412				
	50m 34.73	100m 1:13.42	150m 1:53.62	200m 2:34.09	250m 3:14.85	300m 3:55.65	350m 4:36.55	400m 5:18.28	
	450m 5:59.76	500m 6:41.54	550m 7:21.96	600m 8:03.29	650m 8:45.07	700m 9:26.49	750m 10:06.51	800m 10:44.08	

WOMENS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Holly Hagan	14	Romford Town	9:46.27	546				
	50m 32.03	100m 1:07.60	150m 1:44.06	200m 2:20.69	250m 2:57.73	300m 3:35.07	350m 4:12.11	400m 4:49.22	
	450m 5:26.67	500m 6:03.88	550m 6:41.32	600m 7:18.58	650m 7:55.82	700m 8:33.18	750m 9:10.34	800m 9:46.27	
2.	Oluwatumise Salu	14	Bo Newham	9:55.49	521				
	50m 32.29	100m 1:07.95	150m 1:44.34	200m 2:21.03	250m 2:58.12	300m 3:35.56	350m 4:12.54	400m 4:50.67	
	450m 5:28.68	500m 6:07.69	550m 6:47.24	600m 7:25.16	650m 8:03.25	700m 8:42.93	750m 9:19.72	800m 9:55.49	



NUEL & RTSC Long Distance Meet 2018



Results

WOMENS 15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt					
1.	Lauren Braxton	15	Romford Town	10:06.24	494					
	50m 33.89	100m 1:10.83	150m 1:49.01	200m 2:27.52	250m 3:05.68	300m 3:44.22	350m 4:22.67	400m 5:01.50		
	450m 5:39.70	500m 6:17.97	550m 6:55.95	600m 7:34.14	650m 8:12.34	700m 8:50.67	750m 9:28.91	800m 10:06.24		
2.	Emile Galkute	15	Bo Newham	10:34.33	431					
	50m 33.90	100m 1:11.22	150m 1:49.18	200m 2:28.02	250m 3:07.42	300m 3:46.58	350m 4:26.11	400m 5:05.17		
	450m 5:44.85	500m 6:25.24	550m 7:05.57	600m 7:46.73	650m 8:28.92	700m 9:11.50	750m 9:53.30	800m 10:34.33		
3.	Madeleine McCormack	16	Romford Town	11:15.77	356					
	50m 34.90	100m 1:13.94	150m 1:54.55	200m 2:36.63	250m 3:18.90	300m 4:02.25	350m 4:46.07	400m 5:29.59		
	450m 6:13.80	500m 6:57.69	550m 7:41.09	600m 8:24.59	650m 9:08.27	700m 9:52.23	750m 10:35.16	800m 11:15.77		